

A **MANUAL THERAPY & MOBILISATIONS TOOLBOX FOR THE HIP & KNEE**

A two-day workshop for Physiotherapists

Tutor: Professor Graham N Smith FCSP GradDipPhys DipTP CertED
Chartered & HPC Registered Physiotherapist
Rehabilitation & Sports Injury Consultant, Glasgow

Professor Graham N Smith qualified as a Physiotherapist in 1977 and as a teacher of Physiotherapy in 1982. He is currently an Independent Rehabilitation & Sports Injury Consultant based in Glasgow. He has extensive experience in the treatment and management of injuries at all levels of the sporting spectrum and has worked with Glasgow Rangers FC, The British Olympic team in Nagano and numerous national representative sporting squads. He was also responsible for establishing the Football Association National Rehabilitation & Sports Injury Centre, Lilleshall in 1986. He is a Fellow of the Chartered Society of Physiotherapy, a Visiting Professor at the University of Teesside and, currently, an external examiner for the MSc in Sports Medicine at Trinity College, Dublin. He combines his clinical and consultancy roles with lecturing commitments both nationally and internationally on rehabilitation and sports injury management.

Aims: The aims of this workshop are to provide delegates with the understanding, knowledge, ability and expertise to apply safe and effective manual therapy and mobilisation techniques to the joints of the hip & knee complexes. The workshop is predominately practical with sessions devoted to problem solving and treatment/technique practice. Common clinical presentations, as well as the key elements of examination and assessment techniques for each of the anatomical areas described, will be included.

Venue: **NCORE Training Room
Level 3, Junction 3
London Road Community Hospital
London Road
Derby
DE1 2QY**

Date: **Thurs 28th & Frid 29th November 2019**

Attached: **Programme
Directions
Application form**

NB: *Delegates will be required to participate in the practical sessions to enhance experiential learning. Therefore appropriate sportswear should be worn*

A MANUAL THERAPY & MOBILISATIONS TOOLBOX FOR THE HIP & KNEE

**NCORE TRAINING ROOM
LEVEL 3, JUNCTION 3
LONDON ROAD COMMUNITY HOSPITAL DERBY**

THURSDAY 28TH & FRIDAY 29TH NOVEMBER 2019

Aims: The aims of this workshop are to provide delegates with the understanding, knowledge, ability and expertise to apply safe and effective manual therapy and mobilisation techniques to the joints of the hip & knee complexes. The workshop is predominately practical with sessions devoted to problem solving and treatment/technique practice. Common clinical presentations, as well as the key elements of examination and assessment techniques for each of the anatomical areas described, will be included

PROGRAMME

| | |
|--|--|
| Day 1 9:00am – 9:15am 9:15am – 11:00am 11:00am 11:30am – 1:00pm 1:00pm 1:45pm – 3:15pm 3:15pm 3:30pm – 4:45pm | Registration & Introduction to the Course Principles of examination and assessment – lower limb COFFEE Manual therapy & mobilisations – The knee complex LUNCH Manual therapy & mobilisations – The knee complex (contd.) TEA Manual therapy, mobilisations & clinical implications – The knee complex |
| Day 2 9:00am – 11:00am 11:00am 11:30am – 1:00pm 1:00pm 1:45pm – 3:15pm 3:15pm 3:30pm – 4:30pm | Manual therapy & mobilisations – The hip complex COFFEE Manual therapy & mobilisations – The hip complex LUNCH Problem solving & practical revision TEA Discussion & plenary session |

A MANUAL THERAPY & MOBILISATIONS TOOLBOX FOR THE HIP & KNEE

**NCORE TRAINING ROOM
LEVEL 3, JUNCTION 3
LONDON ROAD COMMUNITY HOSPITAL DERBY**

THURSDAY 28TH & FRIDAY 29TH NOVEMBER 2019

Directions - please visit link for map and further information

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

Refreshments: will be provided

Catering outlets: League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

Parking: Should you be traveling by car there are limited car park facilities.